**Notes:   
Focus: Fly. Bungee. Pull.  
WU** 5s-1k-1p-1im ~ f8:15pm [800]

**Kick Set** ~12min//26min ~f8:26pm [400//1200]  
8 X 50 Fly -> { 2x (50 front, 50 side, 50 ba, 50 other side) }; 10sR

**Tech Drill:** Fly [8:27-8:37] [300//1500]  
chin down. Quick breath. pull/drop – reach through the top.  
6x50

**Main 1:** [1000 // 2500] ~18min ~8:39p-8:59pm  
4X (alt Fr / Str per set)   
{ 2x 50 -> Dr/Sw by 25; 10sR  
 50K ;10sR  
 50 Build; 10sR  
 25 build + 25 Fast; 10sR  
}

5 min social kick warm down

--- didn’t get to ---  
**Main 2** – BP  
BP 3-5-7-5-3 by 50 [250 // 2750]

**Main 3:**scull set scull – 10min+.

* Bungee’d people during this set.

**Dives and Sprints** [75 // 3075]  
25’s for Time. Need 10min.